

## **MOUTHGAURD SEASON IS BACK!**

**Do you need a new mouthguard, or find your old one just doesn't fit the same?**

**Contact Us Today!!**

**Just a short appointment to make a custom made mould just for you.**



Every year thousands of children are treated for dental injuries, which could have been prevented, or the severity minimized by wearing a protective mouthguard. Anyone who participates in a sport that carries a risk of contact to the face should wear a mouthguard.

This includes obvious sports such as football, boxing and rugby, and also collision sports where unexpected contact often happens. These include basketball, hockey, water polo, lacrosse, netball, baseball, softball, squash, soccer, BMX bike riding, horse riding, skateboarding, in-line skating, trampolining, cricket (wicket keeping or batting without a helmet), water skiing and snow ski racing.

### **Why do you need a mouthguard?**

A mouthguard helps absorb the shock experienced by a blow to the face, which might otherwise result in an injury to the mouth or jaw. A heavy collision can result in chipped or broken teeth, internal damage to a tooth, tooth loss, injuries to the soft tissue of the mouth, and, in severe cases, concussion or a broken jaw.

Injuries like these can lead to long and potentially expensive treatment to restore teeth and the mouth back to normal function and appearance.

## Tendler Office Hours

### **Dr Sam Lawrence**

Monday -Thursday 8.00-5.30pm  
Saturday 8.00-1.00pm by appointment only

### **Dr Bill Sergakis**

Tuesday 8.00-7.30pm  
Wednesday 2.00pm-7.30pm  
Friday 8.00am-1.00pm

### **Dr Paul Aulakh**

Monday 8.00-12.30pm

### **Cosmetic Dentistry**

Cosmetic Dentistry refers to the field of dentistry which focuses on improving the appearance of a person's most personal asset, their smile.

Many people are unhappy with the appearance of their teeth or smile, and the aim of cosmetic dentistry is to provide elective treatments which can enhance the aesthetics and function of the teeth and gums.

This can be carried out through a number of different procedures, including tooth whitening, bonding, composite or porcelain veneers, crowns and dental implants.

Advancements in dental materials make cosmetic treatments much more durable than in the past, and with the trend towards more conservative cosmetic dental treatments, the aim is to preserve as much natural tooth structure as possible, with the aim of making your new smile as natural looking as possible!

### **CONGRATULATIONS TO WINNERS OF OUR COLES MYER GIFT DRAW FOR NEW PATIENTS REFFERALS**

Month of December: [Glyn Parsons](#)  
Month of January: [Claire Knihnicki](#)  
Month of February: [Penny Payne](#)

Thank you for referring to our surgery, we appreciate the confidence in us.

**In order to keep our records up to date, please let our reception staff know if your contact details have changed.**

**Thank-you**

[Dr Bill Sergakis](#)

[Dr Samuel Lawrence](#)

[Dr Paul Aulakh](#)

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## Your teeth don't have to show your age

We can't stop ageing— but we can make the best of what we already have by looking after our skin and general appearance. But what about our teeth? They also show signs of age— yet surprising things can be done today to reverse this process.

### **So how do your teeth betray your age?**

Their colour changes over time, losing brightness and luminosity and becoming darker.

The fine ridges on young teeth get smoothed away as we get older, while in early adulthood such smoothing can produce attractive teeth that reflect light more uniformly, too much smoothing will show age. The natural smile line is a gentle curve, but over the years extensive wear on our front teeth can change this to a straight or even concave line.

Over time, micro-fractures can appear on the enamel surface, which will downgrade the attractiveness of teeth.

White fillings in front teeth change colour over time and start to look obvious. They may even show dark lines between the edge of the filling and the natural tooth.

As a rule white reflects light and dark absorbs it. A mouth with silver-mercury (amalgam) fillings in many of the teeth will present an overall dull grey colour.

Over time your lips lose muscle tone and become thinner and narrower. The top lip can sag, covering more of the upper teeth. The lower lip may also drop, showing more of the lower teeth.

### **What can you do to restore youthful look?**

We have a number of techniques to improve the appearance of the teeth to give a younger looking smile: whitening treatment to make the teeth lighter; replacing amalgam fillings or discoloured old fillings with new tooth coloured materials; veneers or crowns to make the teeth longer and less worn. Talk to one of the team about what can be done to improve your smile.

### **Why Do People Grind Their Teeth?**

Although teeth grinding can be caused by stress and anxiety, it often occurs during sleep and is more likely caused by an abnormal bite or missing or crooked teeth.

### **How Do I Find Out if I Grind My Teeth?**

Because grinding often occurs during sleep, most people are unaware that they grind their teeth. However, a dull, constant headache or sore jaw is a telltale symptom of bruxism. Many times people learn that they grind their teeth by their loved one who hears the grinding at night.

If you suspect you may be grinding your teeth, talk to your dentist. He or she can examine your mouth and jaw for signs of bruxism, such as jaw tenderness and abnormalities in your teeth.

### **Why Is Teeth Grinding Harmful?**

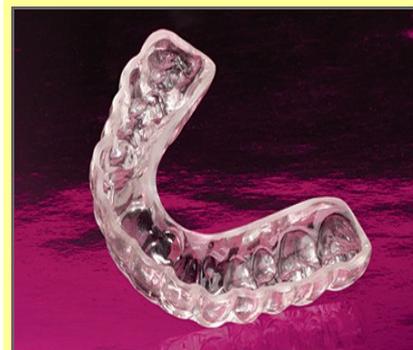
In some cases, chronic teeth grinding can result in a fracturing, loosening, or loss of teeth. The chronic grinding may wear their teeth down to stumps. When these events happen, bridges, crowns, root canals, implants, partial dentures, and even complete dentures may be needed.

Not only can severe grinding damage teeth and result in tooth loss, it can also affect your jaws, result in hearing loss, cause or worsen pain in the joint between upper and lower jaw and even change the appearance of your face



### **Help for Bruxism**

There are a number of ways to treat Bruxism. The aim of treatment is to alleviate pain, prevent permanent damage to teeth and change teeth clenching behaviors as much as possible. If you suspect that you may be suffering from Bruxism you should consult your dentist. The dentist would most likely recommend a mouth guard to prevent teeth grinding together.



Solutions for Bruxism include surgery but only recommended in extreme cases. Medications administered to treat this condition are usually muscle relaxants or mild sleeping aids.